

Housing Information Session #1: Planning & Preparing for the Move to Integrated, Independent Housing



Department of Behavioral Health & Developmental Services Housing Team

Today's Goal

To increase individuals' and families' awareness of the steps to ensure a successful transition to independent, integrated housing.

Webinar guidelines

- Use the chat box to ask questions
- The moderator will forward your question to the presenter to be answered as soon as possible
- There will be time for Q&A at the end of the session
- Please keep questions generalized (specific cases can be addressed with your housing specialist)
- Reminder: This webinar is being recorded

1. Explore Independent Housing Options

Learn about independent housing by:

- Watching the HSS videos
<http://www.novahss.org/success-stories>
- Reading the “My Own Home” Handbook
http://www.dbhds.virginia.gov/assets/Housing/dds_a_home_for_me_final_3_16_17.pdf
- Visiting people who live in independent housing with support and ask questions
- Trying out independent housing with support for an overnight or weekend



2. Decide Who to Live With

Who do you want to live with?

- Do you want or need
 - ✓ a roommate for companionship or to share expenses?
 - ✓ a live-in aide for support?
- If yes...
 - ✓ identify people in your Circle you can ask to share housing
 - ✓ interview each other about what you each want/need in shared housing – use [Questions to Ask Potential Housemates](#)
 - ✓ do a “trial run” – stay overnight at each other’s homes, go on vacation together
 - ✓ make a [Roommate Agreement](#) or [Live-in Companion Agreement](#) to share housing



3. Determine Whether You Can Afford to Rent: Even with a Rent Subsidy

Can I afford to live in a home I rent with rent assistance?

- Make a budget – use the [Household Spending Plan](#)
 - Assume you will spend at least 30% of your monthly income on rent plus utilities (electric, gas, water, sewer, trash)
- Keep a diary of how you spend your cash for 4 weeks
- Look at ways to
 - ✓ increase income
 - ✓ decrease expenses
 - ✓ get help to cover certain costs



4. Identify Where You Want to Live

Which communities are good places for me to live?

- near family/friends, job, services, shopping, health care, transportation, recreation, school
- safe and secure (good lighting, sidewalks, low crime)

What buildings work? (garden-style, mid-rise, high-rise buildings, attached/detached single family homes)



5. Identify Needs vs Wants in a Unit and the Property

What features do I need in my unit/building? What features do I want?

- No smoking/smoking
- No pets/pets allowed
- Electric appliances
- Washer & dryer in the building
- Audiovisual smoke detectors
- Roll-in shower, roll-under countertops
- Secure building entrance
- Front desk staff
- Walking distance to bus stop
- Parking lot/garage



6. Secure Supports to Get Into Housing



Who will help me...

- Request reasonable accommodations from my landlord or the rent assistance program
- Complete the rent assistance application
- Search for properties that accept rent assistance
- Visit apartments to see which one is right for me
- Fill out apartment applications
- Make sure the landlord completes required paperwork to approve the unit in the rent assistance program

Talk with your CSB support coordinator and planning team about who will do what!

6. Secure Supports to Get Into Housing

Who will help me...

- Secure assistance for security deposits, utility deposits, and other upfront expenses
- Review my lease to make sure it is fair
- Pack, move and unpack my belongings
- Purchase & set up furniture and household supplies
- Change my address with the post office
- Change locations for my doctors, pharmacy & bank



Flexible Funding can help cover the cost of a private, 3rd party provider to perform these tasks – ask your Housing Specialist!

6. Secure Supports to Stay in Housing

- Areas of support
 - Personal care
 - Independent living tasks & activities
 - Health & safety
- Types of support
 - Total care/physical assistance
 - Hand over hand assistance
 - Physical prompts
 - Cues (verbal/pictures)
 - Assistive technology/adaptive device
 - Monitoring/observing



6. Secure Supports to Stay in Housing

- Special considerations in housing
 - Physical needs (lifting, transferring, mobility)
 - Medical needs (medications, diet/food prep, allergies, chronic health conditions)
 - Communication needs (speech & hearing – adaptations for phone, alarms, doorbell, etc.)
 - Sensory (vision, hearing, tactile – adaptations for signage, appliances, environmental controls)



6. Secure Supports to Stay in Housing

Write down in a daily supports grid:

- What activities I do over the course of each day.
- Which activities can I do on my own? Which do I need help with?
- What kind of help do I need?
- Who/what helps now? Who/what will help when I live in my own place?

Time Period	Activity	Help Needed	Who/What Helps Now?	Who /What Will Help When I Live In My Own Home?
Example: 6:30 – 7:00 am	Wake up and shower	Physical assistance	Mom	CD Personal Assistance Services Provider
7:00 – 7:30 am	Make breakfast	Prompt	Mom	CD PAS Provider
7:30 – 8:00 am	Eat breakfast	None	I do this!	
9:00 pm	Lock the front door	Verbal Prompt	Alexa	Alexa

Do separate weekday & weekend grids

6. Secure Supports to Stay in Housing

- Talk with your support coordinator, service provider and family about who can help with these activities if you move
 - Ask your support coordinator about DD Waiver services in independent housing and who provides them
 - ✓ Independent Living
 - ✓ In-home Supports
 - ✓ Shared Living
 - ✓ Personal Assistance (Agency or Consumer Directed)
 - ✓ Companion Services (Agency or Consumer Directed)
 - ✓ Assistive Technology
 - ✓ Environmental Modifications
 - ✓ Electronic Home Based Monitoring (coming soon)
 - ✓ Non-Medical Transportation (coming soon)

For a summary of DD Waiver service options, see:
<http://www.dbhds.virginia.gov/library/developmental%20services/mlmc%20services%20and%20support%20options%202016%20final%206%2030%2016.pdf>

6. Secure Supports to Stay in Housing

- Talk with your support coordinator, service provider and family about who can help with these activities if you move
 - If DD Waiver services aren't available, look into:
 - ✓ Another Waiver (e.g., CCC+)
 - ✓ Medicaid Early Periodic Screening Diagnosis & Testing Services (if age 18-22)
 - ✓ Mental health support services
 - ✓ Live-in aide as a reasonable accommodation in assisted housing
 - ✓ Natural supports
 - ✓ Privately paid supports
 - Update your Person Centered Plan to reflect supports you will need in independent housing
 - If critical supports are not available, you are not ready to move to independent housing
 - DO NOT ask support coordinator to make DBHDS housing referral
 - Work with your planning team on developing other support options

7. Prepare Important Housing Eligibility Documents

Do I have the documents I need to apply for housing assistance and rental housing?

- Birth certificate or proof of citizenship/legal residency
- Social Security card
- Photo ID
- SSI/DI benefits letter, most recent pay stubs
- Receipts for medical expenses YOU paid with your money



8. Have a Plan to Address Housing Barriers

What is my plan to address:

- poor or no credit
- not enough income to qualify to rent
- unpaid bills
- legal issues
- prior evictions



9. Save for Upfront Costs of Getting Into Housing

Can I pay for up-front housing expenses (application fees, security deposit, moving costs, utility deposits, furniture & household supplies)?

- Complete the [Moving Expenses Budget](#)



Flexible Funding can help cover the cost of these expenses – ask your Housing Specialist!



Innovative Family Driven Housing Arrangements



http://www.dbhds.virginia.gov/assets/housing/CreativeHousingApproaches_Guidebook_Final.pdf



Innovative Family Driven Housing Arrangements

Meet Josh!

Consumer Directed Supports,
Accessibility & Rent Assistance



Meet Ryan!

Apartment with State Rental
Assistance and Live-in Aide



Innovative Family Driven Housing Arrangements

The full handbook with other stories of success can be found on the DBHDS website at the following link:

http://www.dbhds.virginia.gov/assets/housing/CreativeHousingApproaches_Guidebook_Final.pdf

Next Steps

If you want more information about independent housing, contact your DBHDS Regional Housing Specialist:

Region 1 Western

Housing Specialist: Marie Fraticelli
Email: marie.fraticelli@dbhds.virginia.gov
Phone: 434-953-7146

DBHDS Housing Services Manager: Eric Leabough
Email: eric.leabough@dbhds.virginia.gov
Phone: 804-786-1393

Region 2 - Northern

Housing Specialist: Jeannie Cummins Eisenhour
Email: j.cummins@dbhds.virginia.gov
Phone: 804-836-4308

Region 3 - Southwestern

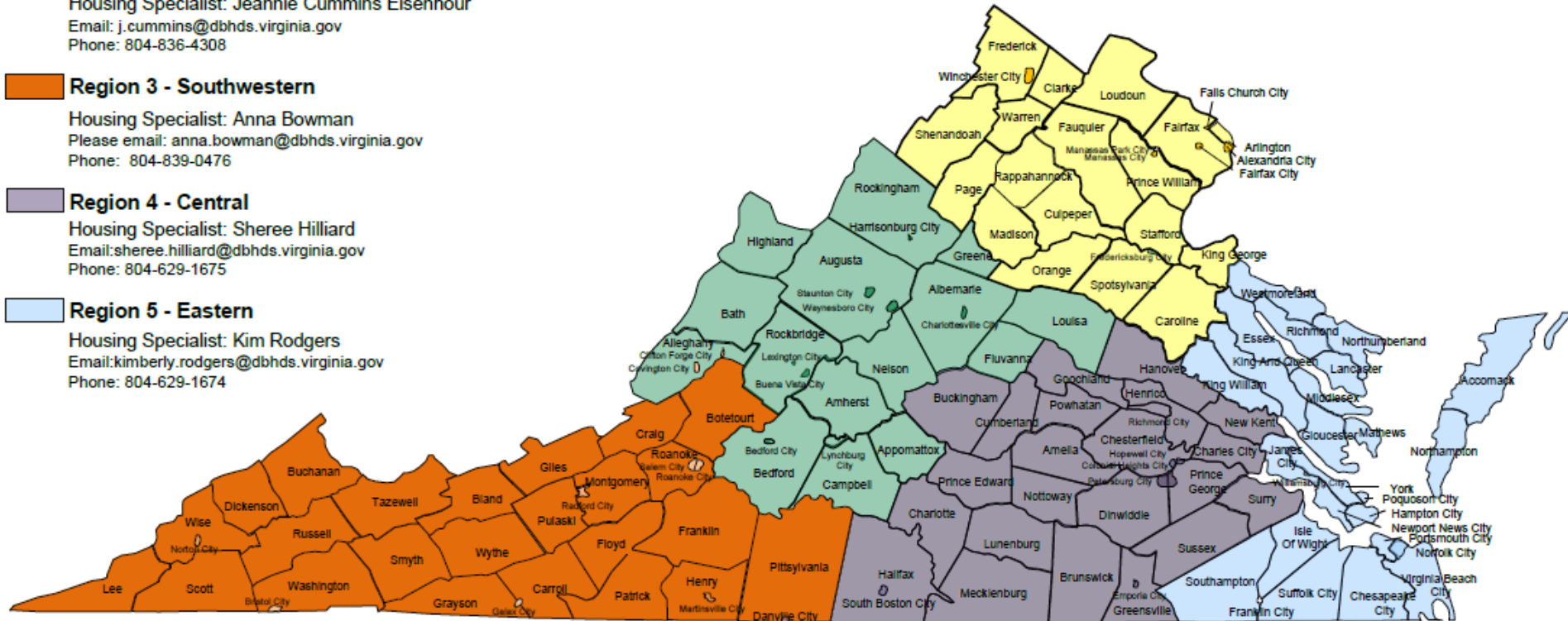
Housing Specialist: Anna Bowman
Please email: anna.bowman@dbhds.virginia.gov
Phone: 804-839-0476

Region 4 - Central

Housing Specialist: Sheree Hilliard
Email: sheree.hilliard@dbhds.virginia.gov
Phone: 804-629-1675

Region 5 - Eastern

Housing Specialist: Kim Rodgers
Email: kimberly.rodgers@dbhds.virginia.gov
Phone: 804-629-1674



Next Steps

- If you complete these steps and are interested in moving forward, contact your CSB support coordinator/CSB contracted support coordinator to complete a DBHDS housing referral.
- If DBHDS accepts your referral, your support coordinator will complete a Housing Readiness Assessment and Housing Action Plan with you before your referral is sent to a housing provider.

Questions?

